BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
May 2021 Issue 623

The Bar Hill Residents Association is currently looking at the creation of a new charity for the village.

Our hope is that having things like the Christmas Lights being run through a charity would allow additional scope for fundraising as well as allowing the charity to take advantage of things like tax-relief on donations.

What are you views on this change? Would you want to be involved in supporting the charity? We are interested in hearing your opinions.

Please send your questions/ comments to the editors email; **bhneditor@yahoo.com**.

We will, of course, update you on progress in future issues!

A request from the Parish Council;

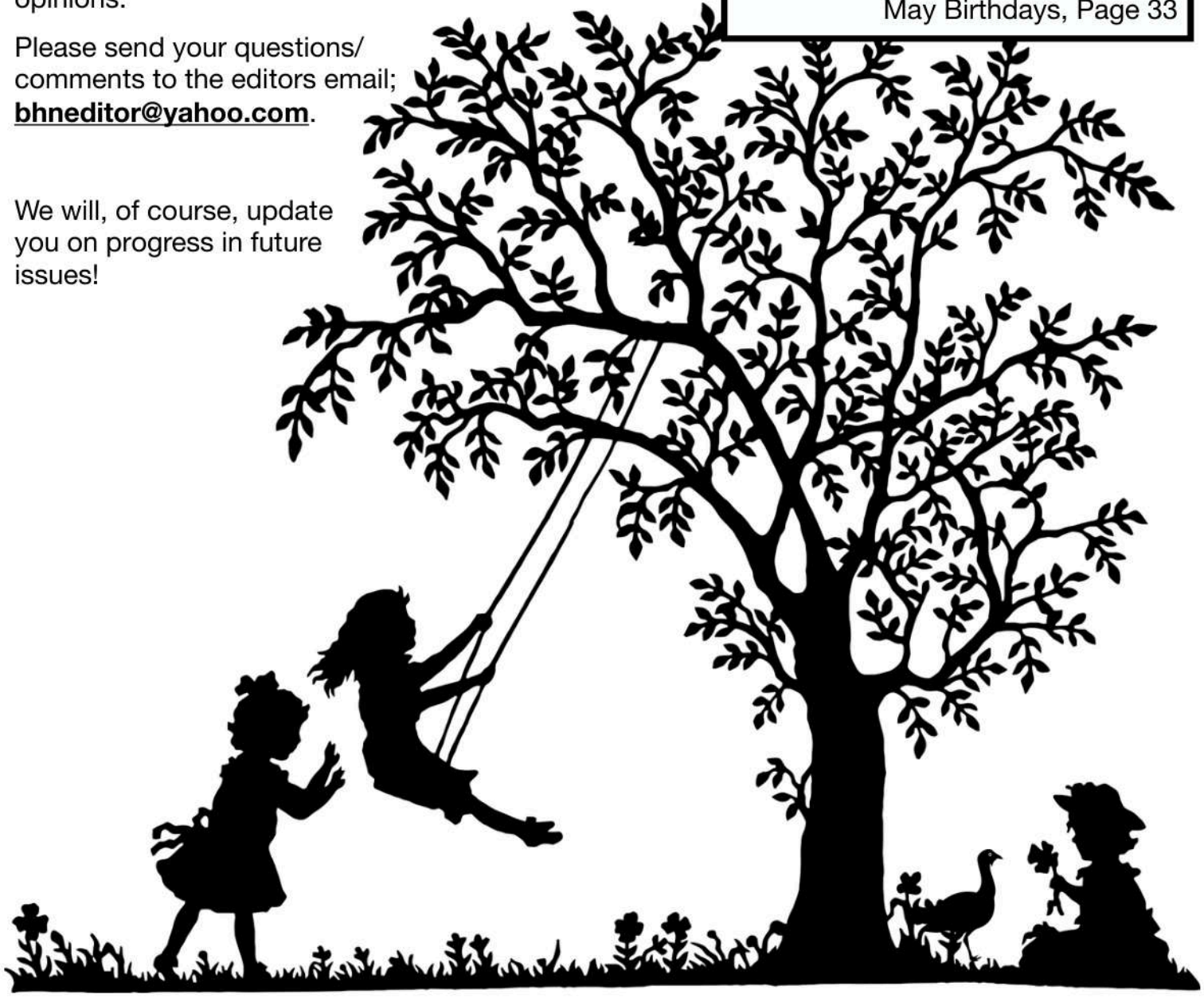
Are you Bar Hill's secret tree planter? Please see the Parish Council's update on page 29 for a request to come forward and get involved!

May 2021 Elections, Page 5

Neighbourhood Watch, Page 15

Bar Hill Scouts, Page 23

May Birthdays, Page 33



BAR HILL RESIDENTS ASSOCIATION

Each month we will be introducing you to a different member of our Residents Association, so you can learn more about the people who are working on your behalf in the village.

This month, we are featuring one of our committee members for the Residents Association;

Name: Amber Neale

Position on Committee: General printer of the BHN

How long have you been a member of the RA? Since 2018

What made you join the RA? Laura Chapman was taking over from one of the previous members and asked me to come along to a meeting for moral support. I ended up becoming a committee member and volunteering my time to print the BHN.

How long have you lived in Bar Hill and what is your favourite thing about living in the village? I have lived in the village for 15 years now as there is lot of great things Bar Hill has to offer. I personally like the way the village is laid out with no through roads, just paths into the centre of the village. It makes it safer and easier to access amenities of which we have lots in the village. Bar Hill also has some lovely walks and public footpaths around the local area, which is great for dog walks and general wandering.

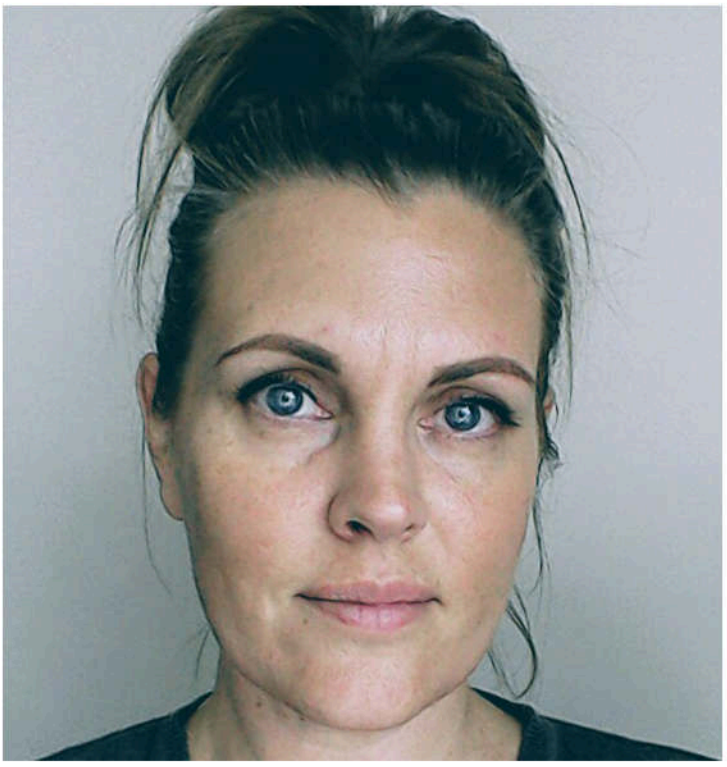
If you could change one thing about the village, what would it be and why? Bar Hill has some great shops in the village. Unfortunately due to the pandemic we have lost quite a few, but I would like to see them come back with activity based business' like soft plays, indoor skate parks, trampoline parks etc. Also environmentally I would like to see wild flowers and trees planted in our green spaces - especially besides the A14.

What are your hobbies? I don't have any hobbies really, but I do go to Over Power fitness a few times a week. Any other spare time I have is taken up with children, house decorating and gardening! And of course printing the BHN!!

What's your favourite way to spend your day off? Over Power session then a walk in the sunshine and maybe a relaxing bath at the end of the day.

If you won the lottery tomorrow, what would be the first thing you'd do? I would extend my house or buy a bigger house in the village.

Would you like to join our Residents Association? We meet once a month (when permitted!) and are always open to ideas for enhancing life in our village and working with partners to develop our community.



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Bar Hill Post Office

During the Coronavirus our local Post Office in Bar Hill has revised opening hours. These hours currently are;

Monday 9-5.30

Tuesday 9-2.30

Wednesday 9-5.30

Thursday 9-12.30

Friday 9-5.30

Saturday 9-12.30

The library is open Tuesday and Thursday afternoons (when the Post Office is closed).

The intention is to post updates, where times change, to the Bar Hill Community Facebook group (via the Residents Association).

CHRIS'S BIKES

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Bar Hill Community Market

We hope that you are all staying as safe as you can at this time and wish you a healthy 2021.

Just to let you know that at the moment we are not able to have our community market which we are missing greatly as a way to come together and a way to raise funds for our village. We have over this last year donated money to the Covid 19 Scheme which, has been doing a fantastic job of supporting people here in our village, also the Church.

We will, as soon as we can, safely have a market but await the time when we can all be safe.

Please be assured that we will have a community market up and running again as soon as we can do this safely!

Hope to see you all as soon as we can in 2021.

Karen and Adrienne

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com**. Thank you!

Dear all.

As from 1st April the Walking for Health scheme permanently closed; therefore Bar Hill Health walks will not be re-starting after Covid restrictions are lifted.

Many thanks for your support.

Josephine Powell
Co ordinator - Bar Hill health walks

Editors Note: A huge thank you to Josephine, Patricia Daniels (who started the group 10 years ago!) and everyone else involved for their work running the scheme. I know it was greatly appreciated and will be missed.

Dear all,

Summer is coming and once again many of us are looking forward to the opportunity of making use of the wonderful green and open spaces within the village during the upcoming good weather!

I have noticed, however, on my walks around the village an increase in the amount of rubbish just being dumped and then blown into the bushes around the village green and particularly by Tesco's.

Can I please ask people to use the bins provided or, even better, to take their rubbish home with them when they go?

It's not much to ask and I'm sure it would make a huge difference for everyone (young and old) in the village.

Karen Hayden

Editors Note: An excellent idea! We on the Residents Association are looking to arrange a litter-pick one Saturday morning (probably 19th June). Watch this space!

Dear all.

Fitness classes will hopefully be returning to the Bar Hill village hall Wednesday 19th May if Government are able to keep to the plan depending on figures etc.

We will start back with a Summer boost where participants will get to try out Clubbercise, Kettlercise and Totally Shredded in one evening 7pm till 9pm 😃

Then going forward Clubbercise will continue every Wednesday night 7:15pm

Thank you

Marilyn, 07989 137321
www.bookwhen.com/fitness withmarilyn

SMUDGEY IS STILL MISSING!!

£500 REWARD FOR SAFE RETURN

SMUDGEY HAS BEEN MISSING SINCE 01.09.20 FROM HILLCREST.

SHE IS A GREY AND BLACK TABBY WITH LOTS OF STRIPES.

IF YOU SEE HER, PLEASE SEND A PHOTO/VIDEO OR CALL ME. SHE MAY RUN IF APPROACHED.

PLEASE CHECK SHEDS/GARAGES/UNDER DECKING/GARDENS I MISS HER SO MUCH AND NEED HER BACK HOME.

SHE IS MICROCHIPPED AND NEUTERED. SHE DOES NOT HAVE A COLLAR.

PLEASE SEND PHOTOS/ VIDEOS TO 07585 332212 (LUCY).

THANK YOU

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

GOV.UK

STATEMENT OF PERSONS NOMINATED (6th May 2021)

ELECTION OF A MAYOR FOR CAMBRIDGESHIRE & PETERBOROUGH COMBINED AUTHORITY

Candidate's Surname	Other Name(s)	Address	Description	Decision of Returning Officer that Nomination Paper is invalid or other reason why a person nominated no longer stands nominated
JOHNSON	NIK	15 Crow Street Great Gransden St Neots Cambridgeshire SG19 3AZ	Labour and Co-Operative Party	
PALMER	JAMES PHILIP	138 The Butts Soham Ely CB7 5AW	The Conservative Party Candidate	
VAN DE WEYER	AIDAN THOMAS	9 Orwell Terrace Barrington Cambridge CB22 7SG	Liberal Democrats	

ELECTION OF A COUNTY COUNCILLOR (BAR HILL)

Name of Candidate	Home Address	Description (if any)	Reason why no longer nominated*
HARFORD Lynda	7 Kingfisher Way, Cottenham, CB24 8XN	The Conservative Party Candidate	
MURPHY Edna Helen	(address in Cambridge)	Liberal Democrats	
RANKIN Stan	7 Bennys Way, Coton, CB23 7PS	Green Party	

ELECTION OF A POLICE AND CRIME COMMISSIONER

Candidate's Surname	Other Name(s)	Address	Descriptio n	Decision of Returning Officer that Nomination Paper is invalid or other reason why a person nominated no longer stands nominated
MASSEY	NICKY	69 Mawson Road Cambridge CB1 2DZ	Labour Party	
MORRIS	SUSAN MELANCY	(Address in Peterborough)	Reform UK	
MOSS-ECCARDT	RUPERT WILLIAM GEORGE	7 Prickwillow Road Queen Adelaide Ely CB7 4SH	Liberal Democrats	
PRESTON	DARRYL ANDREW	(Address in South East Cambridgeshire)	The Conservative Party Candidate	

The persons opposite whose names no entry is made in the last column have been and stand validly nominated (taken from the South Cambs website on 17th April).

You can register to vote online via the government website; https://www.gov.uk/register-to-vote. To register in time for an election, you must register at least 12 working days before the poll (24th April for this years election).

Editorial

May 2021

Another month has flown by, the days seem to be getting longer and the evenings are certainly a lot brighter. I even enjoyed a trip to the Fox last night! Roll on summer …

The national plan is for the main restrictions to start ending in the middle of May, the latest government guidance is available on the website; https://www.gov.uk/coronavirus. The current plan is for all the social restrictions to end on the 21st June. Hopefully for the final time!

This month we have an in-depth article on another of our local businesses here in the village; Jungle Boogie (page 8) as well as updates from the Tennis Club (7), Neighbourhood Watch (15), Happy Hours (15), the Sports and Social Club (17), Scouts (23), and the Parish Council (29) to name a few!

Arthur Rank have also scheduled that Star Shine Walk 2021 for the end of May - more details on Page 19.

And don't forget the birthdays' for May on Page 33.

The Residents Association will be meeting (virtually) on the 11th May at 7:30pm via Microsoft Teams. Please feel free to join us or just to listen in; https://bit.ly/2QcqUbZ

Until next month; stay safe and enjoy the sunshine!

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Second Covid Vaccinations

If you have already received your first vaccination, you may be wondering when your second appointment will be. Current guidance is that your second vaccine will be between 11-12 weeks since your first.

Please do not call us. The surgery will contact you when it's your turn, in the same way as we did for your first appointment. It is vital your contact details are up to date on our system.

Staffing & waiting times

The period before Easter was especially challenging for the practice, and we are aware the waiting times to speak with a GP were very long. We also had considerable wait times on the phone.

The practice is now caring for over 10,000 patients, and the spike in demand due to the pandemic and the vaccination programme had a considerable impact on the surgery in the early Spring.

In response to this, the surgery is increasing clinical and reception staff in order to manage patient care and reduce the waiting times to a more manageable level.

We ask that you remain patient as new members settle into the team.

Carers Meeting

Due to the pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Lisa Smith – Assistant Practice Manager – May 2021

Bar Hill Tennis Club

Our new season started on Tuesday 13 April and we welcome new members to help ensure the continuing success of the Club.

We offer very competitive annual membership fees (for details please visit our web site www.barhilltennisclub.co.uk, email, call us (details below) or pop down to the courts during Club nights. Membership entitles you to play at anytime but the courts are also available to hire for private play. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

Annual membership runs from 1 April and all members are reminded that you do need to renew your membership to obtain access to the Courts.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm.

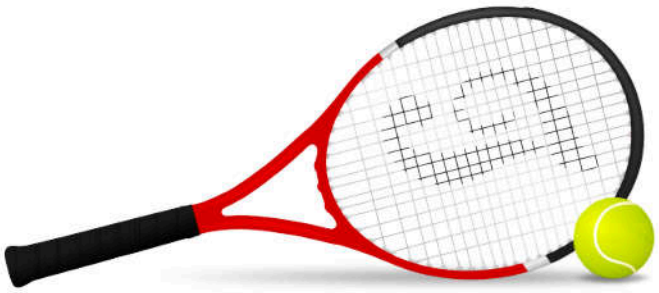
When playing please observe Government Covid guidelines and any guidance posted at the Courts.

We look forward to seeing you!

CONTACTS: Paul Chubbuck (Secretary): 07983 435104, and Geof Tamulonis (Chair) info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

www.barhilltennisclub.co.uk



BAR HILL COMMUNITY FOCUS 1/2

Parent and child groups are just one of the industries which took a big hit during the Covid-19 pandemic, not just the business owners, but also new parents who certainly struggled through without these social groups. With them due to reopen this month, we decided to interview Bar Hill's very own Jungle Warrior, Antonia Cristallino.

Lottie: How did Jungle Boogie begin?
Antonia: I have a performing arts degree and have always worked in the arts. I've worked with various theatre groups and owned my own dance school at one stage in my career!
When I started touring with multi-sensory companies, I realised that was the area I wanted to go into.
When I moved to Cambridge I worked for a charity creating Arts packages as a 'Creative Arts tutor', then I had a baby and I decided that I just wanted to be Mum. However, I realised quite quickly that I also wanted to work. So I took a job at Whale of a Time so I could be both the full time mum and a working mum.
I took my son to lots of the baby groups and I just couldn't help but feel that there was something missing - when I had my second child I realised I was just a bit sick of singing "Wind the Bobbin Up" and I felt that I could offer something a little different. There is absolutely a place for those groups, I met my best friends there and I really think they are important, but for me, it was time for something different.
My mum was a children's entertainer when I was little, and I used to dress up and go along to the parties as her assistant at age 9 (I was also a magician's assistant for a time), so I already knew that this was something which I would enjoy.
I wanted to create something which the parents would really enjoy as well as the children; something that could use proper banging music – my husband is a drum and bass DJ and so we have this music on all the time in the house, but I wanted to bring it into the baby groups. And I just love the Jungle, so I decided to merge the two and Jungle Boogie was born.

It took me a year to work on it - I took it to a festival called Tribe of Doris, and it was meant to be – there was someone selling African drums. I wanted everything to be authentic so it took me a while to source all my props and puppets. I already knew that toddler raves were popular so I knew there would be a market.
I trialled it on my mummy friends first, just to see how it would be received, and I was lucky enough that Tesco gave me use of their community room for free to do so! I ran it from there with just one class, and my friends would invite their friends along and soon I was offered the space twice weekly, so I could run two classes per week. Then it got so big that I needed a larger venue so I moved to Over, Cambourne and The village Hall in Bar Hill and it just exploded – Jungle Boogie Tots was so popular.

Lottie: And how long has Jungle Boogie been going?

Antonia: I am coming up to my third year, but obviously the last year didn't really count… I just got to the point where I was

Is there a organisation here in Bar Hill that you'd like to see featured for next month? If so please contact the editor via email **bhneditor@yahoo.com** or on **07814 871752**.

running 11 sessions per week as well as parties and then Covid happened.

Lottie: How has Covid affected you and your business?

Antonia: Covid has destroyed most people's businesses, but the arts has been impacted massively because we aren't 'essential'. We weren't allowed to run for so long, and then when we were able to start again we had to distance everything which hugely reduced my numbers. I also hadn't been running long enough to get any grants which was really painful and I was so torn about what to do for so long – did I carry on and wait it out, or did I end and go and get a different job? I know there was the possibility of doing things online but with my children around that just wasn't going to happen and I am also a total dinosaur when it comes to technology!

But I knew I had to adapt, so I went and saw a health and safety officer to find out what I could or couldn't do within my sessions and there was a lot which I had to cut out because I couldn't clean or quarantine the props properly. I was so worried that it wouldn't be the same – but I decided that Jungle Boogie would become more of a show instead of an experience, and so far it has gone really well!

I have to wear a visor, everyone has a station and I have props which can be cleaned and quarantined between uses. I have to reduce the numbers, the windows and doors are all opened for proper ventilation and to be honest, I really believe that coming to my sessions are safer than going to do your weekly shop!

Lottie: Why do you love living in Bar Hill?

Antonia: I was pregnant with my son, and my husband and I wanted to get our feet on the property ladder - it seemed like Bar Hill was the only place which we could afford. We only looked at the house once and said yes! 7 years later we're still here and I don't know that I could leave now. The community here is incredible – I have made some of the best friends ever, my childrens' best friends are here and we don't have a need to leave the village. We don't need to cross roads and the kids can ride their bikes to the park and I know they'll be safe. I speak to everyone, everyone's so friendly and I feel so safe in the village.

Lottie: So what does the future hold for Jungle Boogie?

Antonia: Well as long as we stay on the "Road Map", I think it's positive. I have adapted my business now so that if for whatever reason we go back into lockdown I can run as a support group. And this will be a life saver for not just myself but also new mums!

I am pretty sure we will go back to having packed sessions with children running around the halls dancing and singing, cuddling and I want more events and mini-festivals. I want to get involved with the fete and help to grow that. I am always looking forward and thinking "what's next?", so CBeebies – watch out!

Is there a organisation here in Bar Hill that you'd like to see featured for next month? If so please contact the editor via email **bhneditor@yahoo.com** or on **07814 871752**.

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Helping Hedgehogs in May

The mating season begins in earnest. If you hear loud snuffling noises at night in your garden, it may be hedgehogs mating. After courtship, the male will leave the female to rear the young alone. As the growing season starts, hedgehogs are at greater risk of being killed by lawnmower and strimmers, so take care while gardening. It doesn't take long to check the grass to prevent a serious injury or even death to not only hedgehogs but other wildlife that may be in the long grass.

At Shepreth Hedgehog Hospital this week we had a hedgehog brought in that had a bit of plastic imbedded into her skin. She had to be operated on as it was a cable tie that had wrapped itself around her head and front legs. Please don't leave litter, tools or anything else that can be a hazard to wildlife.

For help or advice on hedgehogs contact Liz Dams on **07912 988898** or Shepreth Hedgehog Hospital on **07505 651968**.

Bar Hill Sports and Social Club

The Social Club is currently closed in accordance with government guidelines but we look forward to welcoming our members back as soon as we are allowed to open.

(May 2021 Update): The Social Club remains closed but we look forward to welcoming our members back on May 17th (if government guidelines continue to allow).

Half price membership renewals have been extended to the end of June and new memberships have 25% off until then too! Please visit **www.membershipmojo.co.uk/barhillssc** to renew online and check out our website **www.barhillssc.co.uk** for everything else.

If you experience problems please email **bhssc.secretary@outlook.com**

To keep up to date with what's happening at the club check out our new website **www.barhillssc.co.uk**

Wildlife Friendly Gardening

Hawthorn hedges will now be in bloom which is a real indicator that spring has arrived. Supplies of nuts and berries dwindle as visiting resident birds alike need good weather to generate fresh food in the form of insects and small animals. We can help by continuing to fill our feeders and putting fresh water out daily. This is the time of the year people are starting to cut their grass. Please be careful when using the lawn mower and strimming. They are both lethal to wildlife that maybe sleeping in the long grass. Looking is NOT enough as you often cannot see what might be hidden in the grass. Use your hands or very carefully check with your foot before you start to mow or strim. A compost heap is a great attraction to a lot of wildlife so never put a fork in without checking. It really is beneficial to garden with natural fertilisers. Organic gardening helps prevent a loss of topsoil, toxic runoff, water pollution, soil contamination, soil poisoning, death of insects, birds and other beneficial soil organisms, as well as eliminating pesticide, herbicide, and fungicide residues on food from synthetic fertilisers. It really isn't rocket science that organic gardening is best for everything including us!

Hedgehog Fact: They don't use their eyes to hunt. They hunt primarily using their hearing and smell because their eyesight is not very good, although they can see well in the dark.

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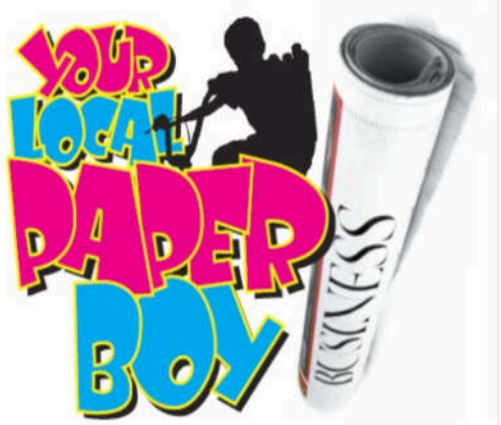

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Bar Hill Church news

Reopening the buildings for worship

After considerable discussion we have decided to reopen the buildings for in-person worship from Sunday 30 May. While some may consider that waiting so long is unduly cautious, please consider that most churches suspended in-person worship at or just after Christmas, and only a few reopened for Easter. We decided to wait for the commencement of Step 3 in the government's 4 step guidelines, when indoor hospitality can resume and a limited mixing of households indoors will be permitted. From 30 May services will be of the 'hybrid' kind, such that people may attend in person or online, as they prefer.

Services

Every Sunday starting at 10:00 am using Zoom, details below.

From Sunday 30 May onwards, 10:00 am, using Zoom or attend in person.

https://us02web.zoom.us/j/88297613899
Meeting ID: 882 9761 3899
Password: 284740

To book a place to attend in person (30 May onwards) please contact our office manager on 07395 939282.

Church Contacts

Church Office	Ian Pryke	01954 206120 or 07395 939282
		church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119
		Charlesmather20@yahoo.com
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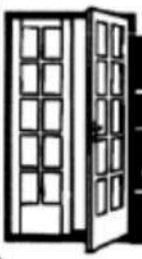

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Scam Warning

From a local policeman; While visiting my local Post Office while off duty, I overheard a lady reporting a scam. The Postal worker assured the Lady all was well, and the Lady left.

Later that day my own Father received exactly the same Scam on his phone.

Basically, a message is sent out claiming to be from the Post Office. It claims that the individual owes the Post Office £2.99 for a outstanding delivery charge. It then asks you to log onto a web site to settle the matter. Empty Bank account soon follows.

Do not reply to this scam. Just delete.

The very same day, a bogus trades man called at my Fathers, but I answered the door. He believed that he had been sent to my Fathers address to fix the roof. Needless to say he left quickly when I started to ask questions. Unfortunately, I did not see any vehicle he was using, so was unable to make a satisfactory report to Norfolk Police.

Scammers and bogus tradesmen are out there. Please always be vigilant.

And please report any cold callers, and bogus tradesmen. Never give them employment.

Please be aware of these and many more scams which you will find on the neighbourhood watch facebook site (visit http://bit.ly/FBBarHillNHW, search for Bar Hill NHW in Facebook, or use your phone/ tablet to scan the QR code below).

Please join us and help keep the village a safer place to live in.

Bar Hill Neighbourhood Watch

HAPPY HOURS – May 2021

Hopefully once this lockdown is over we will be able to have Friday afternoon tea in the Bar Hill Sports and Social Club again following whatever the pub rules are at the time. I am hoping this will be mid May but possibly not until well into June. It is intended that the first or second week back we will have an Extraordinary General meeting to discuss the future of the club.

In the meantime STAY SAFE!

Few jokes (hope no one is offended)

- My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.
- Being quarantined with a talkative child is like having an insane parrot glued to your shoulder
- Nothing like relaxing on the couch after a long day of being tense on the couch.
- What's the best way to avoid touching your face? A glass of wine in each hand.
- What does eating raw garlic have to do with preventing COVID-19? It helps keep everyone at a safe distance.

Anne Plumb, **01954 780364**

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Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

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We hope that all our customers have managed to enjoy Easter with their families, are all in good health and looking forward to another unusual summer.

The Friends of the Rosie are enthusiastic volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy.

We are selling new items on our rosieinstitches.org.uk website and facebook marketplaces and second hand items in our rosieinstitches2010 charity store on eBay.

If you have been tidying another cupboard, we are still welcoming donations of craft materials

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

The Rosie Hospital have started accepting donations, telephone reception on 01223 217617 to arrange a time to deliver your donation.

Thanks to everyone who has helped make a big difference during this difficult time by raising donations for us. If you are not supporting Friends of the Rosie Hospital yet, please sign up now. It takes 2 minutes and 4,500+ shops will donate to us for free every time you shop with them! Visit: www.easyfundraising.org.uk/causes/forh/

Our profits for 2021 are currently £252 from online sales

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers. If you know of anyone who might be interested. Please contact Ann Laskey (annlaskey@icloud.com) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

All the very best.
Thank you for your continued support

Anthony Browne MP

Keeping in touch with South Cambridgeshire

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

Broadway House,149-151 St Neots Road, Hardwick CB23 7QJ.

Or call to discuss anything **01223 603677**

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COVID-19 Testing

You can now have testing kits sent to you at home by calling 119. Alternatively you can book a test at a rapid testing site either in advance or just turn up during the hours the site is open.

Please do not make an appointment for this test if you have any COVID-related symptoms (for example; a new continuous cough, high temperature or change in your sense of smell/taste).

Results are often provided within an hour.

Tests are being offered at various sites, the nearest sites to Bar Hill are:

- **The Hub, High Street, Cambourne, South Cambridgeshire, CB23 6GW**
- **The Meadows Community Centre, 1 St Catherine's Road, Arbury, Cambridge, CB4 3XJ**

The full list of sites is available online. Each site is open from 8am to 7pm, Monday to Friday and 9am to 5pm on Saturdays.

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or Wendy Arrowsmith on **01954 781381** or come along to the next meeting.

ROYAL BRITISH LEGION

Be part of a weekend to remember with Star Shine Walk!

Arthur Rank Hospice Charity is inviting you to walk in memory of someone special on the weekend of 22 and 23 May. The thirteenth annual Star Shine Walk, sponsored by The Cambridgeshire Care Home, will raise much needed funds for hospice care across Cambridgeshire.

This will be the second outing for Star Shine Walk as a 'virtual' event! Participants get to choose the time, location and method to suit them. They are challenged with completing a 5, 10 or 20 mile distance over the event weekend, and can chose to walk, skip, wheel, trundle, scoot, walk the dog or even dance their way around: whatever suits them most!

The walk raises funds for the Hospice's essential frontline care, whilst providing the perfect motivation to get active. Incredibly in 2020 the memory walk raised more than £40,000 – the equivalent of 67 visits by the Charity's Hospice at Home team.

Angeline Liles, Events Officer at Arthur Rank Hospice Charity, adds: "We have found that people taking part in Star Shine Walk treasure the event as a unique opportunity to actively remember, honour and celebrate the life of someone they love. The beauty of it being a virtual event again this year means anyone can take part wherever in the county, country or world they live. Teams can even set off at the same time if they like! You can also plan your route to take in places of particular significance, or landmarks that are related to special memories."

Register (£17 for over 16s and £15 for children) at arhc.org.uk/starshinewalk by 16 May to receive a Walk Pack, including a special edition event t-shirt and other goodies.

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Maple Surgery News

Covid Vaccination Programme

Patients will continue to be contacted directly when their vaccination is due, this includes second doses so if you have already had your first dose please await notification for your second.

Buildings and Environment

A new intercom system has been installed at our front door. This has made access to the surgery far easier, you can announce your arrival by talking directly to the receptionist who will then allow entry.

Access via the car park is currently unavailable due to work that has been undertaken due to a water leak. We are hopeful these works will be completed in the next 4 weeks.

Klinik

Our new online triage system is now operational and use of this facility is growing daily. Feedback received has been good and patients are finding it very useful. You can access the system via our website **www.maplebarhill.co.uk**

Social Prescriber

We welcome Olivia into the surgery who is our Social Prescriber working within our network. She is based at Maple surgery on Monday's. Social prescribing is a way for local agencies to refer people to a link worker. Link workers give people time, focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. They connect people to community groups and statutory services for practical and emotional support.

First Contact Physio

We also welcome Ben who is our First Contact Practitioner. Again he is working within our network and will be based at Maple one day a week too. A first contact practitioner (FCP) is an experienced physiotherapist who has the advanced skills necessary to assess, diagnose and recommend appropriate treatment or referral for musculoskeletal (MSK) problems on a patient's first contact with healthcare services e.g. when they visit their GP surgery.

Carers

We have recently attempted to run some virtual Carers Cafes but unfortunately uptake was extremely low. I am pleased to say that many patients have come forward advising that they are caring for somebody. If you haven't let the surgery know please do as we would like to ensure you are aware of the support that is in the community for you. With lock down easing over the next few months, it is our plan to run a Carers Afternoon Tea within the community whereby carers can come together to share experiences and establish help that is out there for you.

Repeat Prescriptions

If you do not currently order your prescriptions on line we would strongly recommend that you download the NHS App which will enable you to do this simply and easily.

We would like to remind our patients that we require 3 working days to process your prescription and once sent to the pharmacy they will require a further 2 to 3 working days to dispense to you. Therefore please allow plenty of time to order your prescriptions before your medication runs out.

Group Weight Loss Sessions

The Surgery would like to offer nurse lead group sessions assisting patients wishing to lose weight and be guided through the NHS 12 Week Weight Loss Programme. Due to current Covid restrictions these sessions would be run with a maximum of 4 patients in the interim who will be supported working through a plan consisting of:

- promotes safe and sustainable weight loss
- your own personal weight loss target
- learn to make healthier food choices
- record your activity and progress
- exercise plans to help you lose weight
- learn skills to prevent weight regain

If you are interested in joining these sessions please call the reception team.

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Bar Hill Scouts

There were several highlights this month at Scouts, Cubs and Beavers. We held our very first virtual weekend camp for all sections, where all age groups joined together online, whilst taking part in tent pitching and den building, mini archery, soap carving, menu planning, nature walk and print making, and a lip sync campfire video challenge. All ages of scouting had a lot of fun. 1st Bar Hill Cubs also came a well-deserved second place in the final of our district cub online quiz.

Scouts
1st Bar Hill

Our executive committee has made great progress over the last month in getting the hut ready for the return to scouting in person, and our Beaver, Cub and Scout leaders have been planning for summer term, with an exciting programme of fun and adventurous activities ahead. We are looking forward to seeing each other in person very soon. In order to allow more children in Bar Hill to enjoy scouting we need more adult helpers for all sections, so please get in touch if you'd like to join our inspirational volunteer team!

Would you like to join?

Groups meet at Bar Hill Scout Hut (near the Sports and Social Club):

Beavers (Ages 6 -8): Thursdays.

Cubs (Ages 8-10.5): Mondays.

Scouts (Ages 10.5 -14): Fridays.

Contact david.wright@barhillscouts.org.uk

Please note that waiting lists operate for the younger sections.

Or perhaps you'd like to help?

We are a growing group and are on the lookout for new assistant leaders and helpers for each section. Contact Dave Wright if you are interested, no experience needed and full training will be given.

ActionFraud

National Fraud & Cyber Crime Reporting Centre

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If a hacker got into your email or social media account, what would they find? Health and banking information? Names and contact details for your friends and family? Private photos and messages? For most people, it's at least one of those.

Your email and social media accounts contain a wealth of personal information about you, which makes them a lucrative target for cyber criminals.

The motivation behind the hacks are varied and can range from financial gain, to revenge or personal amusement. Some victims are extorted for money, whilst others have their accounts used to send malicious links to their contacts. One victim who had multiple email and social media accounts hacked paid over £2,000 to regain access to them. Another victim reported that her hacked Facebook account was used to trick her friends into sending money into a PayPal account they thought belonged to her.

Secure your email and social media accounts in just a few minutes. Here's what you need to do:

1: Use a strong and separate password for your email, as well as other important accounts, such as your banking or social media accounts.

2: Enable two-factor authentication (2FA). It will help to stop hackers from getting into your online accounts, even if they have your password.

3: If you can't access your account, search the company's online support or help pages. You'll find information about how to recover your account.

For detailed instructions on how to reset your password or enable 2FA on your accounts, visit: http://bit.ly/bh-securesocial

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Bar Hill Village Hall

Our Village Hall stands in the centre of Bar Hill on the corner of the village green and is available for anyone to hire.

The Village Hall is a registered charity (1002579) and is run by a committee who act as trustees for the hall which is owned by the Parish Council. The hall has had 2 small extensions/alterations over the years and for the last five years we have worked hard to raise enough funds to carry out an extensive alteration and extension of the building in order to bring it up to date, make it fully accessible for disabled people and generally improve the facilities.

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CAMBRIDGE OPEN studios 2021

Coming July 2021 … More details soon or see http://bit.ly/cambridge-os2021

Monthly Poem

A BOAT beneath a sunny sky,
Lingering onward dreamily
In an evening of July --
Children three that nestle near,
Eager eye and willing ear,
Pleased a simple tale to hear --
Long has paled that sunny sky:
Echoes fade and memories die:
Autumn frosts have slain July.
Still she haunts me, phantomwise,
Alice moving under skies
Never seen by waking eyes.
Children yet, the tale to hear,
Eager eye and willing ear,
Lovingly shall nestle near.
In a Wonderland they lie,
Dreaming as the days go by,
Dreaming as the summers die:
Ever drifting down the stream --
Lingering in the golden dream --
Life, what is it but a dream?
THE END

A Boat Beneath a Sunny Sky
by Lewis Carroll

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I'll be wearing a mask and bring my own kit and you'll need to wear a mask as well

Message now for your Bookings
WhatsApp / text: 07555764322
Hope to meet you soon! Barber Sam

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BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

Crafts Shed

We continue to operate in spite of the national LOCKDOWN, as individual members working from their own garages.

We have the following for sale:

- Bird Nesting Boxes various colours and shapes **£10**
- Bird Feeding Tables **£30**
- Bug Boxes **£7 - £10**
- Boot racks **£30**

These items are available from either Chris Graham **07913 013920** or Chris Stannard **07711 623425**

Other items can be made to order.

Chris Stannard, Chairperson

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

It was with great sadness that Bar Hill Parish Council learned of the death of His Royal Highness The Duke of Edinburgh.

As a result, the monthly parish meeting scheduled for Thursday 15 April was postponed to Thursday 22 April to observe the period of mourning. If you were planning to attend the meeting on April 15, please accept our apologies for any inconvenience. We appreciate your understanding for the short notice given at this sad time.

We all love to see our village green spaces being enjoyed by residents of all ages. Now that the nights are longer and more of us are spending times outdoors, a polite reminder that playing ball games on amenity land can cause noise and distress to other residents. Could we please just ask you to remember to keep other people in mind when you are out enjoying yourself, and aim to keep footballs away from residential walls and fences. Thank you.

Are you a secret tree planter?

Some residents have kindly been donating trees and planting them up around the village. Whilst we appreciate the money, time and effort you have taken, could you please come forward and make contact with the Parish Clerk before **Monday 31 May** to have a chat to make a plan for their care. After this date, the trees will be removed, assessed to see if they are a native species and therefore part of the council's ongoing tree planting policy, and then moved to an area that does not encroach on amenity land if suitable.

The trees in and around the village are well loved, but can also cause problems with root invasion around residential areas. A small tree of a quick growing species can soon start to put out disruptive root systems. The council is aiming to plant the right tree in the right place and we really appreciate your help in supporting this plan.

You may have seen representatives from our arboricultural surveying contractors out and about around the village in mid-April. Each significant tree is visited, assessed and monitored at considerable expense. Their report will form the basis of the Parish Council's tree management schedule for the coming three years. Further details of work planned to make sure our trees are kept happy and healthy will be available soon.

Could you provide a voice for residents?

Become a Parish Councillor and help make a difference to your community!

Contact office@barhillpc.org.uk for details on how to apply and get an information pack

https://www.barhillpc.org.uk

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); http://bit.ly/bh-dogfouling

Environmental Crime (South Cambs DC); http://bit.ly/bh-envirocrime

Damaged Street Nameplate (South Cambs DC); http://bit.ly/bh-streetnameplate

Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); http://bit.ly/bh-highwaysfault

Report a non-urgent Crime (Police); http://bit.ly/bh-reportcrime

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Bar Hill Pre-School

In the month of March, we celebrated Mother's day by making gifts for our wonderful mums, and Easter cards for our families. Children received an Easter gift from our special guest in the last week of the term, and had great fun running around the garden and dancing together.

We are making a new indoor display around the book 'I love my white shoes', and a board based on a tree design in our outdoor area.

After the Easter break, we welcomed our new families and started looking at spring and the lifecycles of frogs and butterflies.

The children are enjoying digging and searching for treasure. We also have planted some potatoes.

Are you interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website **www.barhillpreschool.co.uk** for an enrolment form.

Children are offered places from the age of two years old. We are open 9am-3pm in term time.

We are currently taking applications for the school year September 2021-July 2022.

Bar Hill Editorial Services

editing - copyediting - proofreading
academic - non-academic - professional

Roger Hall, 11 Almond Grove, Bar Hill, Cambridge. CB23 8DU

Contact: **01954 780304**, or **07746 118880**
Email: **rogerhall@barhill11.fsnet.co.uk**

On-screen and hard copy work accepted

Bar Hill Food Bank

0800 088 6522

- Did you know our village has its own food bank?
- It was set up last year with the support of a grant from Cambridge Food Bank and donations from our community
- Helping those experiencing financial hardship, it is operated by Kevin & Yvonne Potts, who founded it with the other members of the Covid-19 Support Scheme
- Over the past year we have provided over 150 food parcels, ensuring members of our community do not have to chose between paying for housing & bills while struggling to put food on the table
- The Covid-19 Support Group has now decided the Bar Hill Food Bank will remain an essential service even when Covid-19 no longer affects each of our daily lives
- If you're struggling, for any reason, to put food on the table, contact our free confidential Food Bank Helpline: **0800 088 6522**
- We'll respond quickly, providing you with food and a listening ear to support you

Remember, we care for you, so if you need help, pick up the phone talk to us!

Warmly,

Kevin & Yvonne

PS. Here is a picture of the new racking and robust storage boxes we've labelled and put together to ensure our village Food Bank continues to serve those within our community experiencing financial hardship.

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Birthday Corner

May birthdays

Happy birthday to Sylwia Siwek, Leo Wagstaff and Pheobe Ewles!

Also to Liam Cook, Catherine Johnson and Liam Cook who are also celebrating this month.

And finally happy birthday to Catherine Johnson, Nina Kermedchieva, Dave Wright and Lewis Beare!

Happy birthday to all those who are celebrating this month from the Bar Hill News! Remember, if you or a loved one is celebrating a birthday in June, email us at bhneditor@yahoo.com to be featured in next months' Birthday Corner.

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Buttercups CHILDCARE LTD

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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PUZZLES & GAMES

WORD TILE

B	E	A	K	I	L	R	B	O
C	A	S	L	A	N	R	G	H
C	E	N	N	B	U	R	I	S
D	E	N	N	E	S	S	H	E
D	U	N	N	I	S	T	A	R
E	D	I	N	O	T	T	E	R
E	R	N	O	C	K	U	M	A
E	S	S	P	E	N	U	R	N
I	N	V	R	A	V	V	I	N

BH

MAY 2021

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©

AIM: Place the 27 'three character tiles' in the left -hand grid TO the CORRECT spaces in the right hand grid relating to **CASTLES** containing NINE letters horizontally and in alphabetical order

1		2		3		4		5
	■		■		■		■	
6								
	■	■	■		■	■	■	
7		8				9		
	■		■		■		■	
10								

		7					5	4
	6	4		8		1		
			9		4			3
1		6			3			7
	5						4	
7			1			5		2
6			4		5			
		5		1		7	2	
9	1					4		

2				4				6
			9	6		1		3
6	8				3	7		
		8					5	
1		7		3		2		9
	2					3		
		3	4				7	8
8		2		9	6			
4				7				2

May Crossword

Across - 1.cars must have these at the front. 6.pyracanthus, 7.mixed planting, 10.should be used on back of bikes at night.

Down - 1.more sturdy, 2.atmosphere, 3.of the sides, 4.cowlike sound, 5.feature of the nearby star, 8.cha, 9.moveable carpet.

Puzzle solutions will be published on the 25th of the Month on the Bar Hill Residents Association Facebook Page (or can be obtained by emailing the editor)

Bin Collection Timetable

Here's the bin collection Timetable for May and the start of June 2021. More information (and more dates) is available from the South Cambs website.

Date	Black	Blue	Green
May 7		✔	✔
May 13	✔		
May 20		✔	✔
May 27	✔		
Jun 4		✔	✔
Jun 10	✔		

In addition there is also the option to add Bin Collection dates to your mobile/ tablet computer for automatic reminders!

This QR code will take you directly to the correct page on the South Cambs website.

Covid-19 Support Scheme …Help in this Time of Crisis!

Shopping/Prescriptions:

01954 27 00 60

Foodbank, advice, mental health:

0800 088 6522

Email:

BarHillCovid19Help@gmail.com

Bar Hill Residents Association

Chair	Laura Chapman
Vice Chair	Karen Hayden
Secretary	Karen Hayden
Treasurer	Anne Bensted
Data Prot. Officer	Richard Hayden

Bunty Waters, Mike Nelson, Jo Hall, Roger Hall & Amber Neale

Magazine Editor	Andy Pellew
Features Editor	Lottie Beare
Advertising	Anne Bensted

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

Article Information

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted electronically to **bhneditor@yahoo.com**

NEIGHBOURHOOD WATCH

Bar Hill Neighbourhood Watch

working for a safer community

BAR HILL

To contact Neighbourhood watch please email nhwinbarhill@yahoo.co.uk

To keep up to date on the latest developments please join us on facebook: http://bit.ly/FBBarHillNHW (or search for "Bar hill NHW")